



WELCOME
to the MRAC Cross Country Championships
hosted by Le Mars Community Schools.
THANK YOU to Prairie Rose Golf Course for hosting this event!



LE MARS BULLDOG CROSS COUNTRY

The course is a 2.5K loop.
High School: 5K (2 Loops)

RESPECT THE COURSE!
Stay off all greens and tee boxes!

Mile 1 (1st Loop)

Mile 2 (2nd Loop)

FINISH

START